

NEAFCS Network Newsletter February 2022

President's Message

Susan Routh (OK), NEAFCS President



Please click the image above or visit <https://youtu.be/AqGF7LgKhHE> to watch this month's President's Message.

Don't forget to participate in the Newsletter Icon Contest for the 2022 NEAFCS Annual Session. Locate the special icon (Wright Brothers airplane) in each issue of the NEAFCS Network newsletter through the 2022 Annual Session. Each time you find it, email President Susan Routh at susan.routh@okstate.edu and tell her where you found (what article) the icon. If you are one of the first 5 to email her, your name will go into a drawing to win a free registration to the 2022 Annual Session.

What YOU Need to Know NOW in NEAFCS!

National Office Staff

This new feature of the newsletter will highlight current reminders of member benefits, programs, and approaching deadlines to keep you in the know.

- **NEW** - [NEAFCS Corporate Sponsor Program](#)
- **March** - Living Well Month
- **March 15, 2022** – National Awards Submission deadline (Affiliate Deadline for submission may be earlier – check with your Awards VP)
- **April 1, 2022** - Journal of NEAFCS Article Submissions Due

- **May 1, 2022** - Hall of Fame Nominations due (Any member may be nominated by State Affiliate President)
- **May 1, 2022** - Applications for National Officer Candidate due to National Office
- **May 1, 2022** - Bylaws Proposals due to NEAFCS Secretary [Kate Shumaker](#)

National Registry of Cooperative Extension Programs & Assets (NRCEPA)

Register your program, project, or curriculum in the National Registry or view other's submissions now!



National Institute of Food and Agriculture
U.S. DEPARTMENT OF AGRICULTURE



Promoting Our Impact

Jennifer Bridge (KY), Vice President for Public Affairs

Thank you to all the affiliates who submitted impact statements by February 1. We have received 210 with a couple more on the way! Your dedication in reporting has a rippling effect throughout our organization and profession as we share our impact with decision makers and constituents. Public Affairs committee members will be using the information to create national impact statements to share with congressional leaders as part of PILD. However, to gain maximum impact of the many hours dedicated to this process, each of us should share the statements with our local leaders, our advisory councils, and if possible, the public through displays, news releases, and social media.



During our recent board meeting we discussed the possibility of opening the submission portal earlier as we have varying year end dates across our many extension services. This would hopefully alleviate the multiple deadlines we must meet at the beginning of the year. If you have ideas on how to make this process easier, please reach out to me or the national office. We are always on the lookout on how to work smarter, not harder. Thank you for all you do!

The Boards that Never Met (Face to Face)

Chris Kniep, NEAFCS Historian

February 2020 – It started out “normal”. By the end of the month, many staples were in short supply, masks were becoming “every-day” and school, Church, sports events, and more were being cancelled. Imagine being elected to the NEAFCS Board in the Fall of 2019, having that first, initial post-board meeting in Hershey and meeting virtually for the remainder of your term in office. Or being elected virtually in the fall of 2020 and never meeting face to face.



For those of us who have served on the NEAFCS Board and enjoyed the learning, growing, comradery, and “traditions” of face-to-face Board membership, it’s hard to imagine serving on “The Board that Never Met.” Our leaders for the past two years have truly “made history” for our organization, by serving in their respective roles completely by phone, e-mail, and virtual meetings. They made some “tough” decisions like cancelling Annual Sessions and were creative in introducing new initiatives.

To capture their history making, Board members were asked to share their perspectives on serving on “The Board that Never Met.” A few of the comments they shared:

“It has been a pleasure to serve on the 2021 NEAFCS Board. Although we were not able to meet in-person, I feel we connected and supported each other. I feel we gained a respect for each other and were comfortable asking questions or making comments during the meetings. I feel each one of us worked together to make NEAFCS better for all members. I look forward to being able to meet with and spend a little time with all the members.” Pat Brinkman, NEAFCS VP for Professional Development

“I really enjoyed getting to know fellow board members through the “roll call” reflections — amazing what a favorite fall food might reveal about someone’s personality 😊.

Dianne was so creative with our virtual “parties”---she really went above and beyond to make us feel like a family.” Mary Liz Wright, NEAFCS VP for Public Affairs

“As the VP of Member Resources, I had such high hopes to meet in person. Although we didn’t meet in person, our board was extremely close and personal with one another. Although miles apart due to COVID, our board exemplified the true meaning of service and dedication in spite of our unfortunate circumstances.” Michelle Wright, NEAFCS VP for Member Resources

“I missed not meeting fellow Board members in person. We compensated by meeting for “social” events such as the Ice Cream Social in the summer of 2021 and the Board Christmas Party in December 2020. These social events provided opportunity for candid conversation between Board members and an opportunity to become better acquainted. I missed having the individual conversations with board members in which we learn from each other and become bonded.

Speaking of Boards . . . Could You Be the Next Board Member?

Dianne Gertson (TX), NEAFCS Immediate Past President



Click the image above to view the Nominating Committee video or visit <https://youtu.be/jhX2osdBcxw>



You Be the Judge! (No, really.)

Hope Wilson (AZ), Awards and Recognition Training Committee Chair

February is a busy time for awards, especially as we get closer to the National submission deadline of March 15th.

There can be some confusion about awards deadlines. March 15th is the deadline for affiliate Awards and Recognition Vice Presidents to send their winning award submissions to NEAFCS for National and Regional judging. However, prior to March 15th, each affiliate has their own submission deadlines and judging process to determine which applications will move forward to NEAFCS. Many affiliate deadlines have already passed, and many are just around the corner. Check with your affiliate Awards and Recognition Vice President about your affiliate's submission deadline.



NEAFCS will soon be making a call for judges to review the National awards submissions. I encourage you to consider serving as a judge this year. In addition to supporting NEAFCS in the awards process, it is also an opportunity to learn more about the amazing work your peers are doing and to experience being a part of the judging process.

Even if you haven't completed an award application before, going through the process of reviewing applications and completing judging sheets will help you think more like a judge. This will help you write a stronger application when you decide to submit for an award.

When you see the call for judges, consider taking the time this spring to recognize the work of your peers while also strengthening your future award applications at the same time.

Top Five Reasons to Attend 2022 Annual Session

Michelle Estrada (NC), NEAFCS Annual Session Marketing Committee

My name is Michelle Estrada, and I am serving as a member of the NEAFCS 2022 Annual Session marketing committee. If you are thinking about why you need to attend this year's conference, here are the five top reasons:



1. Have an opportunity to enjoy Raleigh, NC, which is known as “city in a park.” Raleigh has so much to offer for outdoor recreation—more than 10,000 acres of parkland with kayaking gems, biking routes, running trails, and wide-open spaces to explore.
2. Learn about North Carolina's culture. Downtown Raleigh, N.C., is where historic neighborhoods, world-class museums, Southern diners, performing arts venues, local shops, and breweries all work together to create one incredible cultural hotspot.
3. Take a break from “work” to sharpen your professional skills by recharging your energy and getting innovative ideas to enhance programs in your community.
4. Mix and mingle with other professionals and create connections. Who knows, you may meet your next program's partner or mentor.
5. Break out of your comfort zone. Many professionals like to network and interact with other people on daily basis, for others, this may be a challenge. Breaking out of our comfort zone creates an opportunity to break out old ways of thinking and can provide opportunities to develop new ideas for amazing programs.

The NEAFCS 2022 Annual Session offers you a unique convergence of networking, learning, and fun into a single package. I promise you this year's meeting will help you grow and challenge yourself. See you in September!

Give Back to the Association that Has Given so Much to You: Apply as a Mentor for the 2022 NEAFCS Leadership Experience

Kyleigh Brown (MO), Chair Mentoring and Leadership Committee

Has being a member of NEAFCS changed your career, maybe even your life? If the answer is yes, my guess is it has had something to do with the relationships you have built. I want you to take a second and think about those relationships. Who showed you the ropes? Who listened to your frustrations? Who called you up and said, “I have an idea, we are going to...”? My guess is, whether it was a formal arrangement or not that was a mentor. Now it is your turn to be that person for someone.



The NEAFCS Leadership Experience needs mentors for our 2022 class. Mentors need to have been with NEAFCS for at least 5 years. We are looking for folks with some leadership experience in the Association via state affiliates, national committees, or Executive Board and have a passion for supporting others in their FCS career. We ask that you commit to bi-monthly professional development and a monthly meeting with your mentor. Don't worry, a training is being held in May for all mentors to learn their expectations and the committee will be there to support you along this journey!

You may not think about mentoring as an opportunity for your own professional development, but it absolutely is. As Chelsey Byers, IL said, "I may be a mentor, but I am learning from this process as well!"

Of course, mentors can't be of service without mentees! Applications for both are open until March 15, 2022. Check out our upcoming webinar February 17th 3pm EST to learn more!
https://us02web.zoom.us/webinar/register/WN_pSe9iOUSfGjB0y1ky63g

Professional Development When You Want It! NEAFCS Webinars!

Pat Brinkman (OH), Vice President for Professional Development

Did you know that NEAFCS records all their webinars? You have access to watch any of those recorded webinars. Look under the "Professional Development" tab at the top of the NEAFCS webpage, click on "Webinar Archives," you will find a page full of topics with webinars available.

Topics include:

Aging

Awards

Cooking and Food

COVID-19

Finance

Health

History of FCS

Leadership

Miscellaneous

Presenting

Proposals

Technology



Looking at these we are missing life development, parenting, child development. We only have one on Aging, Leadership, and COVID-19. Thus, we could use webinars in these areas especially. Do you have a program you could present on one of these topics or any topic that are members would be interested in? Another topic we are missing is sustainability or green living. I know some of you have programs on helping people live more sustainable. Please consider presenting a webinar for NEAFCS. All you have to do is fill out the online form for a webinar proposal. It is under Professional Development tab at the top of the NEAFCS page. Hit submit and I will send it out to reviewers. At least three reviewers review each proposal. I will then inform you of the reviewers' comments. If your score is high enough you will collaborate with Will Ferguson to set up a time to present. Will does an excellent job of helping with the presentation process and will record the presentation. I look forward to seeing more webinar proposals in the future!

Living Well

Lindsey Stevenson (MO), Chair Public Affairs Advocacy Committee

The Public Affairs - Advocacy committee has big plans for Living Well Month! We have tweaked last year's 31 Days of Healthy Living calendar and it's ready to share far and wide. We are also editing the videos from last year to polish them up a little. Many unexpected audiences found them extremely useful in their own organizations. We encourage you to get creative in the ways you share the Living Well Month resources!

We have two new strategies to promote Living Well Month this year:

1. Prepare a national press release about Living Well Month. In addition, we will also put together a template for members to use at the local level.
2. Our committee is creating a new Living Well Month logo. The campaign began in the 90's and the logo hasn't had a facelift since then.

You can be on the lookout for our campaign toolkit to be with your state's Vice President of Public Affairs by February 18. Please share these resources on your social media accounts, with your Councils and Commissioners, and anywhere else you want to advocate for healthy living and the great work of NEAFCS across the nation.



Café Latino Working With Diverse Spanish Population

Nelly Nelson (FL), Diversity Committee

There are five million Spanish speakers in Florida (out of 21 million residents and growing). This large portion of our population can be better served if we are able to provide more materials and support in Spanish. The Coalition of Florida Extension for Latino Communities (CAFE Latino) is assisting in this effort. In addition, CAFE Latino is gaining visibility in Extension across the country (as well as international inquiries), and as such requires a robust presence.

As part of the University of Florida's Diversity Initiatives, CAFE Latino (created in the spring of 2018) was built and designed by UF/IFAS Extension faculty to help increase the capacity and competency for Extension to serve the needs of Florida's growing Latinx population. It is recognized by the university's inclusivity initiatives led by the office of Diversity.

CAFE Latino represents a grassroots service organization that is focused on enhancing the access and efficacy of Extension programs. Comprised of Extension faculty and staff across the state (with expertise in all program areas), the 50 members of CAFE Latino are not solely Latinx faculty and staff. Instead, the group includes representation from various racial/ethnic groups. We invite all who are interested in advancing culturally responsive programs for multicultural audiences.



Eastern Region Affiliate Updates: DASH Plus for Older Adults in Maryland

Lisa McCoy (MD), Eastern Region Director

The University of Maryland Extension (UME) received an USDA.AFRI grant in 2021 to implement a new healthy living program targeting older adults with hypertension. The DASH Plus program is an integrated project that aims to build a sustainable, community-based hypertension management program within senior centers. The intervention includes 8 nutrition education modules highlighting important components of the Dietary Approaches to Stop Hypertension (DASH) eating plan with the addition of a physical activity component in each module and other hypertension self-care skills.



A virtual pilot of these modules was taught by selected UME-FCS educators in 2021. In the summer of 2022, the complete DASH Plus program will be implemented by these educators in senior living communities across the state. In addition to the education component, participants will receive blood pressure education and supplies to measure their blood pressure at home. The final component is a weekly delivery of fresh produce to increase their access to fresh fruits and vegetables, an important component of the DASH eating plan. A culture of health will be promoted through a peer support model. This research study aims to identify components that can improve older adults' blood pressure management.

NEAFCS Winter Board Meeting Highlights

Kate Shumaker (OH), Secretary

Your 2022 NEAFCS Board met virtually January 25-26. Over the course of this 2-day session many topics were discussed including:

- Plans for the 2022 Annual Session in Raleigh, NC
- Current budget and future budgetary considerations
- The Affiliate Annual Reports and the JCEP Leadership Survey
- Plans for NEAFCS events at the Extension Leadership Conference and Public Issues Leadership Development Conference.
- The Affiliate Officer Toolkit



This current group of Board members may not have ever been together in one room and seen each other face to face, however they are still a strong team working together to serve the membership and move the profession forward. We can't wait to see so many of you in Raleigh!

Western Regional Update

Rick Griffiths (NM), Western Regional Director

The New Mexico Chapter met at their annual In Service in January. They exchanged ideas & new programming opportunities for the state including Walk With Ease from the National Arthritis Foundation and a state wide webinar series addressing Inflation.



Meet the Board

Samantha Kennedy (FL), Vice President for Awards and Recognition

Samantha Kennedy is a Family and Consumer Sciences agent in Wakulla County, Florida. She specializes in health and wellness programming – healthy cooking, nutrition, and food safety – and is working to expand her expertise in financial education by studying to become an Accredited Financial Counselor (AFC). She also currently serves as the NEAFCS VP for Awards and Recognition.



Sam began her Extension career in 2004 as the Family and Consumer Sciences agent in Manatee County, FL. In 2013, she became the County Extension Director and served in that role until November 2016, when she left southwest Florida for the beautiful Florida Panhandle.

Hands-on teaching and live demonstrations are Sam's favorite part of being an Extension agent. She loves interacting with clientele and teaching them new skills while having fun.

Sam was born in Michigan but moved with her family to south Florida when she was four, after her dad decided he was never shoveling snow ever again. When she was around seven years old, her family moved to west Arkansas, where they lived for about two years before heading back to Florida for good (well, almost). She spent the rest of her childhood and adolescence in Deerfield Beach, FL and graduated from Deerfield Beach High School in 1995 (Go Bucks!).

After graduate school, Sam moved to Katy, Texas and lived there for two years, until she applied for and was hired for the Family and Consumer Sciences agent job in Manatee County.

Sam's cats ("the boys") are the best cats in the entire universe (though she may be a bit biased). Their names are Simon, Porter, and Phineas and they range in age from 3 to 14 years old. When she is not working to support her feline family, she enjoys reading for pleasure, taking walks, journaling, hand lettering, and napping. Sam is also a huge baseball fan (Go Rays!) and has visited over 20 major league ballparks with plans to visit all 30 before the zombie apocalypse comes.

Meet the Board

Rick Griffiths (NM), Western Region Director

Greetings All,

As my term as Western Regional Director is coming to a close, I want to thank everyone in the Association for their support as I have navigated this role. At the time I'm writing this the JCEP ELC conference will be held next week. This will be the first time in two years we have met in-person as an Association. For me, it will be the first time attending any in-person event as a Board Member and I am looking forward to seeing everyone in-person. At the meeting, we will be discussing the challenges we face as an association and profession moving forward. We have learned over the past two years to be resilient in facing challenges and creative in finding solutions. That will help guide us forward to address the problems of tomorrow.



At the same I am reflecting on my own challenges as I look to the future. I must admit I find myself a bit of a workaholic. I think that is a trait shared by most of us, mainly because we were so passionate about the work we do. As I look to 2022 there are a few things I'm looking forward to. First, I am greatly looking forward to Spring coming and temperatures warming up! Second, I have set a goal to identify one FCS principal per month that I personally come up short in and focus on improvement. I am also looking forward to being able to travel again to see new and old friends and family. Lastly, I'm looking forward to adding some balance to life, as well as adding new hobbies and adventures that will hopefully make my next Meet the Board entry more interesting.

Rick Griffiths



Future issues of the NEAFCS Network will include recognition of members who have passed. If you would like to report the death of a NEAFCS member, [please click here](#).

Click the names below to view obituary (if available):

Joyce Hustey (PA), Life Member



[Sharon Kuhns \(IL\), Life Member](#) – Prior to retirement she was a County Director for Coles County and prior to that was a Family and Consumer Science Educator

Beverly Kindler (KS), Life Member - Beverly Kindler passed away January 2, 2022. Beverly was hired in 1952 as the home economist for the Decatur County Extension Office. She transferred to the Norton County Extension Office in 1960. She took a sabbatical in 1966 to complete a master's degree in 1967. She returned to Norton County Extension upon completing her degree and remained there until her retirement in 1994. She is survived by her sister, Virginia Alexander of Esbon, KS; two nephews; and, three nieces. Memorials are suggested to the First United Methodist

Church of Norton or the Norton Public Library and contributions may be sent in care of Simmons-Rentschler Mortuary, 116 W 1st Street, Smith Center, KS 66967. Communications to her family may also be sent in care of Simmons-Rentschler Mortuary at the above address.